

Residential Youth Care, Inc

Nutrition and Physical Activity policy

A) Nutrition

All foods that are made available to RYC clients will be offered with consideration for health. All foods provided by RYC under the National School Lunch or School-Breakfast programs will comply with federal nutrition standards under the school meals Initiative. Food shall not be used as a reward for behaviors or withheld as a motivational tool for behaviors.

B) Physical Activity.

All clients will have opportunities, support and encouragement to be physically active through the day. Clients will be given the opportunities to be involved in a variety of physical activities. These will include but not be limited to working out at the gym, playing basketball, swimming, taking walks, hiking etc. Clients will be encouraged to give feedback and input into different types of activities that will physically challenge them.

C) Communications with Parents

RYC will have regular contact with parents of all clients that they work with on the health of their children and their involvement in physical activities.

D) Monitoring of compliance and evaluation

The Assistant Director will ensure compliance with Residential Youth Care, Inc's Nutrition and Physical Activity policies. A summary report will be provided to the Executive Director on the compliance with the established nutrition and physical activity policies

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